



# THE MASSEUR



American  
Association



Masseurs  
Masseuses

OFFICIAL BULLETIN

JUNE 1953

DECATUR, ILLINOIS

## Washington Chapter Welcomes Eighth Annual National Convention A. A. M. M.

### NEWS RELEASE ON CONVENTION

Our National Convention is only about two months away and already it promises to be something most unusual in the history of the A.A.M.M.

Don't forget the dates, August 7-8-9, 1953, Davenport Hotel, Spokane, Washington. The Davenport Hotel is considered as the most beautiful hotel in the entire west, they say it has the most beautiful lobby in the world, you must see it to believe it. Yes, the rates are reasonable.

Single room with shower or bath, \$5.00 per day.

Single room without bath, \$3.50 per day.

Double room with shower or bath, \$7.00 per day.

Double room without bath, \$5.00 per day.

Most any arrangement is available, twin beds with parlor suites, etc., to please you.

We have secured 504 names of operators from 105 different Chambers of Commerce, from as many different cities who have shown interest in our convention. These 504 names represent operators who are not now members of the A.A.M.M. but will be invited to the convention as observer delegates, will you be there to meet them and invite them to become a member of the A.A.M.M.?

Registration fee will be very nominal, about \$10.00 I am told.

Some of the things that will be of real interest to you as a member or observer delegate.

A show room where all types of physio-therapy equipment is  
(Continued on Page 3)

### LOOKING BACK—

Everything considered the past association year has been a wonderful year in the history of the A.A.M.M., not because of any great accomplishments, but there has been a solid foundation laid for great accomplishments in the years to come. Shall we continue to pursue the same policies of unselfish service for all concerned? We cannot take the attitude, what will the A.A.M.M. do for me as an individual? But what can we expect from the A.A.M.M. as members? That all depends on you dear members. As ye sow, so shall ye reap. The things you plant are the things that grow. There must be an unselfish service on the part of all of us to promote the cause of all members. All states must be considered, both organized and unorganized. The problems of the weakest state is the problem of all of us. We cannot be strong as an organization if we ignore this fact. A few states have accomplished their aims, but the job will never be done until all of the states have accomplished their

aims. All must have massage legislation in force. All must be protected as massage practitioners that are reputable.

Harmony has reigned throughout the entire A.A.M.M. this past year. Confidence has been restored. A spirit of cooperation and good will has manifested itself in most every move taken by your National officers. The Chapter officers have been very cooperative up to the present. The real test will be this coming year. Can we agree to disagree without rancor or malice? Are we willing to go along with the majority opinion when unity is at stake? Time always vindicates our stand if we are right. If we are wrong, and the facts proven us wrong, are we big enough to acknowledge it? or are we going to let the challenge stand as a disturber of harmony and peace?

No group has the right to expect a few to make most of the sacrifices in time and money, this is everybody's job. Your President Mr. Alexander and your Editor Dr. Brooks has shown the way by going far beyond the demands of any association in making personal sacrifices in time and money in the interest of unity and good will amongst members. The results speak for themselves. Team work is possible when men are men, without selfish motives.

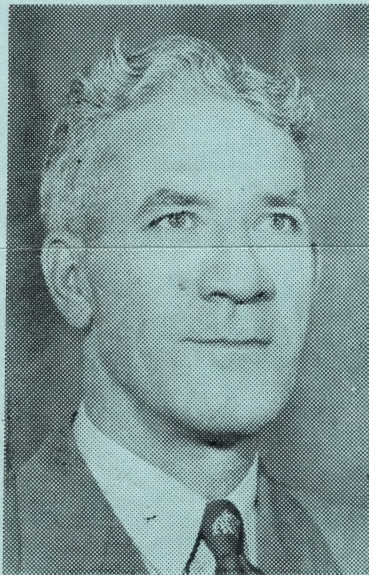
D. S. Carlson, Secy.-Treas.



## THE MASSEUR

Published in Decatur, Ill.  
Dr. Chas. W. Brooks Editor

### President's Message



EARL F. ALEXANDER

### ON YOUR OWN TERMS

One of the surest ways to master life is on your own terms. After all, it is your life with which you have to deal. If you habitually accept the terms of others, or compromise, then you should stand firm. You have no one but yourself to blame if you get a bad deal.

We need to continually test to measure out our powers and possibilities. We usually have plenty of them. There are very few genuine geniuses. The work of the world is carried on mostly by those who rarely discovered their full possibilities. Concealed within many of them is the germ of great leadership.

Henry Ford once remarked, "I am looking for a lot of men with an infinite capacity for not knowing a thing can't be done." Accept the challenges of life and deal with them on your own terms and you will set your habit. The rise of men or women from comparative

obscurity is most interesting and inspiring. They do it on their own terms. That is what sets the habit.

People who know their own minds are well able to give a good appraisal of other minds and are better fitted to happily deal with others. People who get physical as well as spiritual enjoyment in the accomplishment of difficult feats continually strengthen themselves. They make their own terms with life and follow them out. If they meet disappointments or failure along the way, it is part of the game which they willingly accept.

To live a triumphant life, we have to dedicate ourselves to something substantial and factual. If we do this we can well carry out our decisions to meet all emergencies on our own terms.

This has been the aim and purpose of your National officers for the year 1952-1953. We have unceasingly suggested that you get the spirit and take upon yourself the incentive to strengthen this organization and you as an individual. For many years, those in the massage and physical therapy arts have felt somewhere there should be a national organization that would do something for them as individuals as well as a group. This is what we have endeavored to do and we appreciate the co-operation of the majority in supporting us in our attempt.

We have secured definite information at this time about adequate mal-practice insurance at a reasonable cost, but we hesitate to take this proposition, for we cannot truthfully say we have the full support of our membership. Only with this can we get these policies at such a low cost. You can learn more about this at the national convention, and I urge you as individual members of the A.A.M.M. to prepare yourselves at this time to attend our national convention to bring about these things. We can get a national policy to cover every member at a very low cost per operator. That

is, if we get the support of our entire membership.

Remember this. Nothing will be handed to you on a silver platter. It will cost you money. The national officers have not complained about how much money it costs to be a national officer. They have one purpose in mind. To raise the standards of this organization so that the people may learn that we are ethical practitioners of our art. It will cost MONEY, to present these facts to the public. However, as a group it will only cost a matter of pennies. But, if there are those of you who want a small group to promote and finance all these things and then invite you in to accept them, I am afraid you are going to be disappointed.

Let me suggest that on your own terms these things can be achieved. Let me repeat—one of the surest ways to master life is on your own terms. What does this mean to you? Doesn't it mean if you want an organization that will function and will mean something, each of you must have a part and give your full support. There are many things that the national officers can pass on to each individual. In the year 1952-53 I would hesitate to tell you how many letters the national secretary and the president of the A.A.M.M. have written and answered. We are not saying "what does it cost?" We are happy to report that we have accomplished something that has been wholesome and beneficial to many of our members. This in itself cannot be measured in dollars and cents. Neither can the national organization function unless we have the finances necessary above and beyond what is already allotted to us.

Let us do a little straight thinking. At this time our fees are \$12.00 per year, \$1.00 per month, or 3 1/3c per day. Those are your terms. Now I ask you, would you object to giving 3 1/3c per day to protect and elevate our names and our professions? I re-



peat 31/3c per day! This my friends is food for thought. I wish to have you take this thought to the national convention with you at Spokane August 7, 8 and 9.

Most respectfully,

EARL F. ALEXANDER

(Continued from page 1)

displayed, and copies of literature, stationery, booklets or advertising used by the profession which carries the A.A.M.M. emblem. If you have not sent in your contribution in sample stationery yet, do so at once. Statements, business cards, letterheads, envelopes, booklets, pamphlets and all types of advertising is acceptable. Send today to Florence M. Taylor, N. 1226 Summit Blvd., Spokane, Wash.

Educational films showing the value of food in dietetics.

Demonstrations of many special technics of interest to the profession. If you have a special successful technic and wish to demonstrate, write to Florence Taylor.

A round table discussion on subjects such as below,

Massage Ethics

Relation of Masseuse and Physician

What shall our fees be?

Advance methods of advertising, etc.

A panel of prominent and successful practitioners will be on hand to deal with problems that you wish clarified.

Send in the names of five people, members of the A.A.M.M. to Milton Niedfelt, 805 Deny, Seattle 22, Wash., whom you think are qualified to sit on this important panel.

Most important of all will be our consideration of the revised Constitution and By-Laws, study the copy you have received very carefully, then vote your conviction on this matter at the convention.

Side trips to the scenic wonders in and around Spokane is on schedule with a possible picnic.

Mrs. Taylor has arranged for light entertainment which we have not as yet been let in on.

This is important, chapters and other advertisers send in your advertising copy at once. Remember the Convention copy of the Masseuse is always retained by the members for ready reference the whole year through, a roster of the entire active membership will be in this copy, as well as pictures of State and National officers.

A complete program will be in the final pre-convention Masseuse in July. It will be a challenge to our Washington convention arrangers to see that our editor has all this information not later than June 15th.

All the above information was submitted to your National Secy.-Treas. by Mr. Milton Niedfelt, Program Chairman of the Convention.

## Meeting of Pennsylvania Chapter April 19, 1953

The Pennsylvania Chapter of the A.A.M.M. was held April 19, at 4 p.m. at the Elks Club, Pottsville, Penna.

The President, Stewart E. Miller, presiding.

Minutes of the previous meeting was read and accepted.

Senate Bill No. 209-210 Massage Registration Act was read. After considerable discussion the Act was approved by the Chapter. Secy.-Treas. Jones was instructed to inform Mr. Harold Watkins, Secy. of the Pennsylvania Senate of the Chapter's action.

The baby member of the A.A.M.M. pledged itself to a \$15.00 ad in the National Convention Souvenir program.

The revised Constitution and By-Laws came up for discussion, after some deliberation the Chapter moved for its adoption at the Convention, at Spokane, Wash., Aug. 1953.

Meeting adjourned at 6:15 p.m. The next monthly meeting will be held at the Elks Club Pottsville, Pa., May 17th, 1953, 4 p.m.

Respectfully submitted,

Blanford Jones, Secy.-Treas.  
Penna. Chapter A.A.M.M.

Dear Mr. Carlson,

April 1953 Issue of the Masseuse, page 7—relating to (Headlines) "MARK OF DISTINCTION FOR THE GRADUATE."

It sounds very good—It seems to be a very important issue—I wonder what the ramifications of such a thing is?

I am greatly aware of a "MINIMUM STANDARD" or qualifications that we should have.

I am aware that many Massage Operators allow themselves to be called "DOCTORS" because we lack some DECENT title—and of course this infuriates the Medical Doctors.

CERTAINLY WE ARE OBLIGATED TO OUR MEMBERS TO FIND A WAY OUT!—Maybe this is it!—If it is, What is the price?

On the other hand, would such an arrangement BIND us to do the bidding of the Medicos? as it does the Nurses?

What happens to the question that MASSAGE IS A HEALING ART, and as such is the enemy of the Medical Trust?

I certainly would like to hear more about that "R-M" idea.

I think that is "MUSIC TO OUR EARS."

M. A. NIEDFELT.

Let's hear from a few more on this question, thanks Niedfelt.

Secy.-Treas

The nearest answer to this question the editor has found has been through the National Medical Society, an association that recognizes all the branches and methods of the healing arts. They are trying to interest congress in a bill to license all the different healing arts in their respective branches.

That would take care of your so called ramifications. And as far as operators allowing themselves to be called Doctors, there is actually no harm done. The word doctor means teacher. The issue would be, can the doctor live up to his title. If we are going to teach people how to get well and



stay well we MUST remain in our present catagorical status. You know what you are doing for your patients and how they bring their relatives and friends to you for treatment, etc. This should make you proud and confident of your profession, as a HEALING ART. I know that we are all plenty busy and have need to encourage more people to take up our work.

I remember a few years ago when the problem of widespread ill health, an impending disaster, reached the White House. There was one little sentence at the tail end of President Truman's great message to congress, when he declared he would shortly send to congress a special message "recommending a national health program to provide adequate medical care for all Americans and to protect them from financial loss and hardships resulting from illness or accident." A national health bill or program such as this would be all well and good in its financial aspects. But when it pretends to provide "adequate medical care" it is doomed to failure. Adequate medical care is but a "Utopian dream" and is NOT ATTAINABLE EVEN BY THE VERY RICH. This Utopian dream could become a reality when this clique that rules organized medicine in America is stymied in their fierce and unprincipled fight against all new concepts in the treatment of disease. I think what is wanting is a reapproachment of the various schools of thought; pool our experiences and scattered knowledge and come abreast of the times.

We must attribute failure to the fact that in the study of chronic and degenerative disease, for too long a time medical science has blindly concerned itself in the study of end results without due consideration of (1) the manner in which ill health came about. (2) Physiological aberrations that are occasioned long before tissue pathology sets in. (3) The environmental conditions which have contributed to its development and

that (4) disease, in the end is not a separate entity or process all by itself but rather that it effects and is affected, in turn, by the organism as a whole. All research, diagnosis, and treatment have been based on the effects studied post-mortem. What is wanting, perhaps, is a clearer and more comprehensive understanding of the basic factors concerned in the maintenance of good health or normal physiological balance. In short the one thing we must consider if we draw the line between good health and poor health is NATURE.

I probably haven't answered your questions, but let me ask you, how capable are you? And are your standards high enough? Are your educational requirements high enough to demand a DECENT TITLE?

What shall we use as a stand and educational requirement now that the College of Swedish Massage has the 'out of order' sign hanging on it. Did you know that they have been issuing certificates to their graduates instead of diplomas for some time. Of course we know that there could be no degree go with such a course. But you can join the Roy Rogers Club and get a certificate. In my mind there is quite a difference between the two. It cheapens the pre-requirement as we'll as the profession to receive a certificate after being examined when you have studied and prepared yourself. Certificates are issued where there are no examinations and grade requirements. When you prepare yourself by study and work and submit yourself to a final examination and technique test you are entitled to a diploma. Do not believe propaganda to the contrary.

It seems to me the College of Swedish Massage has let us down when we as an organization have held them up as our standard. We have done endless advertising for them. I myself have sent them no less than eight students during the past 10 years. I did not ask

or receive any thanks or compensation which I understand they give. My own daughter graduated last November after taking their residences course and she received the highest marks possible all for a certificate. We have written them two letters but they prefer to remain indifferent.

Mr. Niedfelt, you say that you are greatly aware of a 'minimum standard' or qualifications that we should have. I, too, am aware of that fact and I sincerely believe we are going to have to raise our sights on our educational requirements in order to obtain that "Decent Title" you mention.

## NEWS FLASH!!!!

Just as this issue of the Mas-seur was going to press we received this wonderful news.

L. B. 373 passed the legislative today 26 to 10. We are very happy and I am sure the National Association will rejoice with us. Thanks for all your fine cooperation

Gladys Weiler,  
Nebraska Chapter.

We will hear more and tell you the details later, in the meantime here is our hand and all our best wishes.

## MAN IS SOUL

Man is SOUL—a part of GOD  
Not just a body—not just a clod.

Man has a Mind to direct the way,  
For the Soul to express itself  
from day to day.

Man has a Body—a material  
Thing,  
For the SOUL to this earth di-  
vinity bring.

Made in His image—cast in His  
likeness,  
The SOUL travels on to eternal  
brightness.

Dr. Conrad Schenk.

Facts are worthless to a man  
if he has to keep running to  
somebody else for advice on how  
to use them.



## GEORGIA CHAPTER



ARNOLD INGEMANN  
President



D. S. CARLSON  
Sec'y-Treas.



MARTHA McLEOD  
V. President

## INDIANA CHAPTER



LOWELL SPANGLE  
V. President



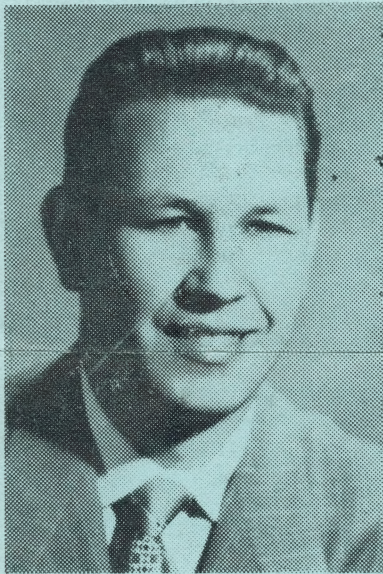
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President



MARY A. FELTON  
Sec'y-Treas.



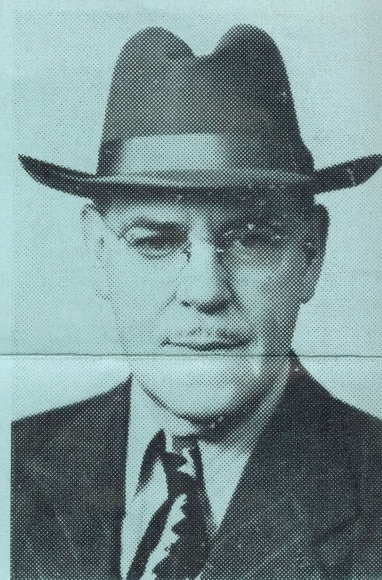
# WASHINGTON CHAPTER



ARTHUR D. MANN  
V. President



FLORENCE M. TAYLOR  
President



F. E. BLOOM  
Sec'y-Treas.

## Physical Therapy in the Treatment of Intermittent Claudication

Intermittent claudication is usually thought of as being caused from poor arterial circulation—probably arteriosclerosis. The treatment is usually aimed at increasing the arterial flow. However this condition can also be caused by venous stasis. This can be evidenced by the fact that claudication often results in people who have had their extremities tightly bandaged for varicose veins. This would point to poor venous return as being a cause for intermittent claudication as well as limited arterial flow. The fact that all tests may point to arteriosclerosis does not rule out the possibility of poor venous flow as well.

One of the most effective treatments for poor venous circulation is massage aimed at improving venous flow. In cases of intermittent claudication it can be highly effective. Sometimes one

treatment can completely relieve the condition—at least for a few days or possibly weeks. A series of treatments carried out systematically apparently clear up the condition on some patients. On others it is necessary for them to have periodic massages indefinitely. On these patients one treatment every two weeks may be enough to keep the circulation flowing freely.

There is a special technic which should be carried out in the massage routine. First of all the extremities should have a vigorous massage with the patient lying on the back and then on the abdomen. A meticulous foot massage should be included in this. After the general massage the patient should lie on his abdomen and veins in the calves should be worked on. This consists of a vein stripping technic attempting to clear up congested spots.

On all patients with intermittent claudication massage should be tried unless there is some reason why it should be contra-indicated.

Even if the primary cause seems to be a poor arterial flow, a general massage will increase circulation and aid tremendously if any venous stasis is present as well. Massage is a conservative measure and readily available to anyone. If there is a whirlpool available it can be used in conjunction with the above treatment. Fifteen minutes at 101 degrees. This can precede the massage.

D. S. Carlson,  
Georg'a Chapter.

## STATE CHAPTERS

The Indiana Chapter of the A. A.M.M. met Sunday, April 12th, 1953 at the place of Mary A. Felton, 306 Maple Ave., LaPorte, Ind.

Eight members and five guests were present.

Pres. Vera Setty opened the meeting with all repeating the Lord's prayer.

Minutes of the previous meeting were read and approved.

Treasurers report was read and accepted.



Mr. Lowell Spangle was voted a committee of one to contact state officials in regard to Massage Act.

Letters were read from Clarence Rebber stating that Mr. Haungs is improving slowly but surely. Mr. Haungs is under treatment by Mr. Rebber who is using Zone therapy successfully in this case, expects to have Mr. Haungs with him at the June meeting.

A letter was received from Dr. Lily Lewellen stating that Dr. Ernest Lewellen was seriously injured Dec. 5th, and died almost instantly as the result of the accident.

Mrs. Harold Kronewitter, 816 N. Main St., Mishauaka, Ind., will be to our chapter a new member, and the next meeting will be held in the home of Mr. and Mrs. Kronewitter in Mishauaka.

No further business, the meeting adjourned, a two course luncheon was served by our hostess.

Indiana Chapter A.A.M.M.  
Mary A. Felton, Secy.-Treas.

## ATTENTION!

All officers and members of state chapters:

To avoid duplication, waste of time and confusion, please send all material you wish published in our magazine the Masseur direct to your National Secy.-Treas. Any material of a controversial nature will be referred also to our National President for approval, who in turn will send it to our editor for revision, (if necessary) and publication.

The above does not apply to any personal correspondence you may desire to have with any National officer. All our problems are mutual, and we desire to be a help to you and give you an efficient and smooth operating organization.

National Secy.-Treas.

## INTERESTING MEETING

Oregon chapter of A.A. M.M. (masseurs) met at Astoria Sunday, May 3. The place of meeting

was Ruth Olsen's Health Center. The meeting related to amendments to the national constitution and by-laws.

A light lunch was served by Mrs. Olsen during the meeting.

Several of the members had a big time clamming in the morning and when the story of the oyster and clam was read by Mr. Trossen, the clams were returned to the water.

After the meeting the members had a very nice dinner at The Hungry Harbor but needless to say no clams or oysters were ordered. C E. Lindell, 4536 North Williams avenue, has a few copies of the "Oyster" story to any one that might be interested. No obligation whatsoever.

## *Blandy Jones says...*

\* Never try to please more than 75 percent of the people; if you do you won't get anything done.

\* Some people get their exercise by being Pall Bearers for their friends who exercised.

\* To lose confidence in one's self is like a ship without a sail.

\* No man is bigger than the game he plays and no game can rise above the level of those who play it.

\* To have health you must work at it!

\* If you measure your shadow, you will find it no greater than before the victory.

\* This being so brilliant yet so corrupt, like a rotten mackerel by moonlight, shines and stinks.

\* Society flourishes by the antagonism of its atoms.

\* Most of the shadows of this life are caused by standing in one's own sunshine.

\* Be thine own palace, or the world's thy goal.

\* The heart has its reasons, which reason does not know.

\* Here's to the banker who lends you an umbrella when the sun is shining and demands it back as soon as it starts to rain.

\* The end of the road. As I was so be ye, As I am ye shall be: That I gave, that I have; That I spend, that I had; Thus I end all by cost. What I left, that I lost.  
\* Imitation is the sincerest flattery.

\* He despises me, I suppose because I live in an alley; tell him his soul lives in an alley.

\* Nothing except a battle lost can be half so melancholy as a battle won.

\* A philosopher is a fool who torments himself while he is alive to be talked of after he is dead.

\* In a calm sea every man is a pilot.

\* Censure is the tax a man pays to the public.

\* The rung of a ladder was never meant to rest upon, but only to hold a man's foot long enough to enable him to put the other somewhat higher.

\* Every man complains of his memory but no man complains of his judgement.

\* All the world is queer save thee and me, and even thou are a little queer!

\* Men heap together the mistake of their lives, and create a monster they call Destiny.

\* There are three kinds of lies: lies, damned lies, and statistics.

\* Let us endeavor so to live that when we come to die even the undertaker will be sorry.

\* The Puritans hated bear-baiting, not because it gave pain to the bear, but because it gave pleasure to the spectators.

SEND ALL ADVERTISING COPY DIRECT TO THE EDITOR: DR. CHARLES W. BROOKS, 2415 N. WATER ST., DECATUR, ILLINOIS.

3 INCHES x 1 and 1/4 which will handle 4 and 5 lines . . . \$5.00 to the membership. \$8.00 to anyone else.

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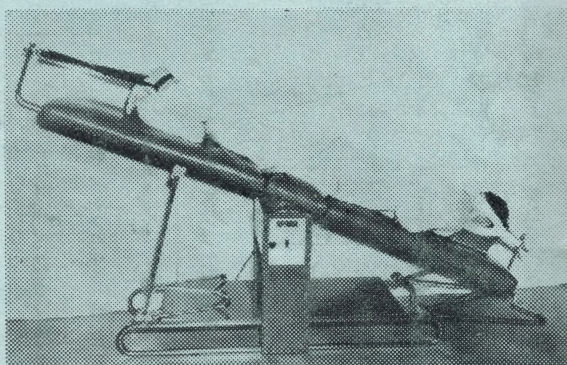
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